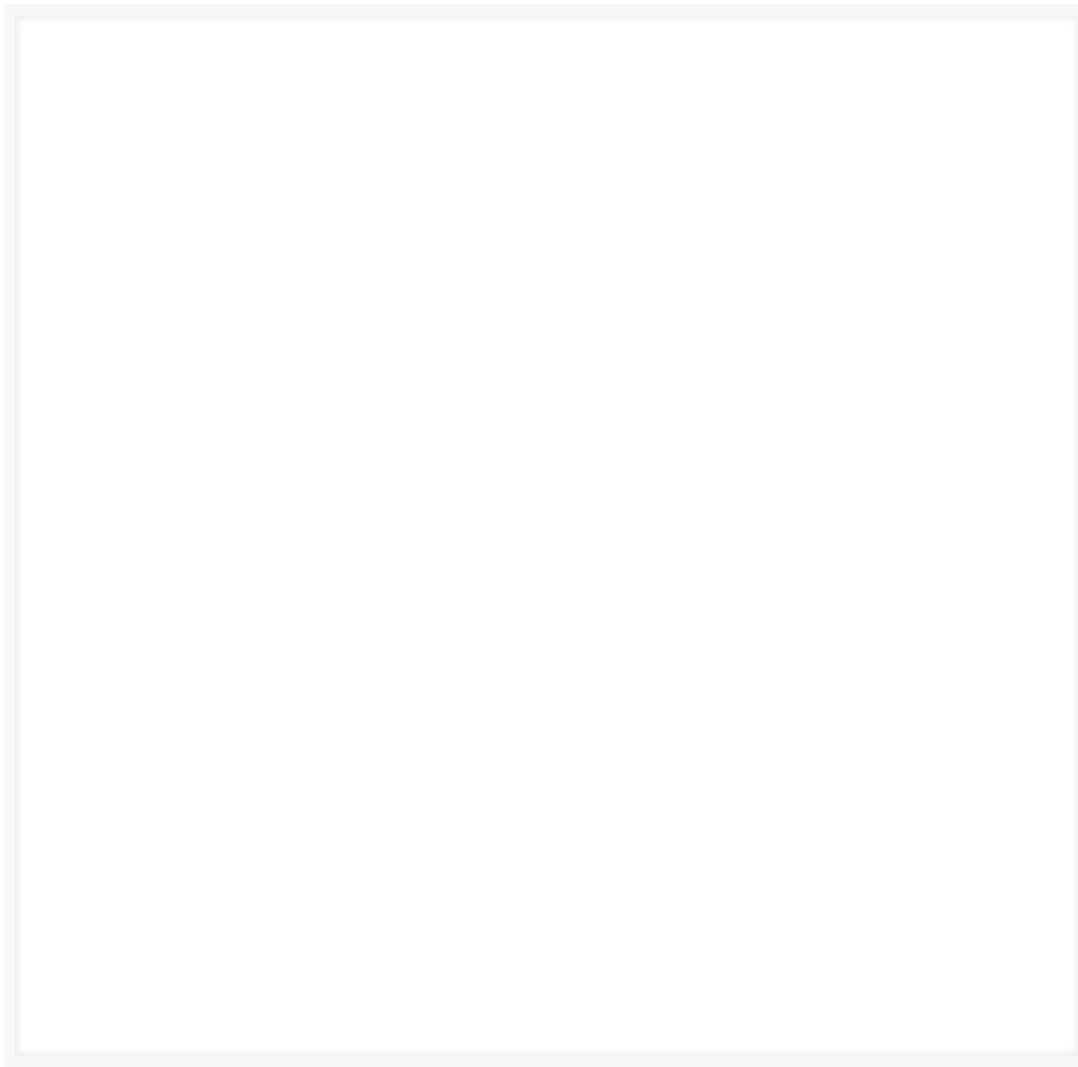




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## 11 Popular Ghanaian Foods



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Ghanaian main dishes are organized around a starchy staple food, with which goes a sauce or soup containing protein. The main ingredient for the vast majority of soups and stews are tomatoes- canned or fresh tomatoes can be used. As a result, nearly all Ghanaian soups and stews are red or orange in appearance.

We hope that this curated selection of 11 Ghanaian foods to try will whet your appetite.

## 1. Palava Sauce and Ampesi



## 2. Banku and Pepper/Okra Stew



## 3. Mpotor Mpotor (mashed yam pottage)

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4. Light Soup With Fufu



5. Waakye





6. Plantain and Garden Egg Stew



7. Jollof Rice





8. Tuo Zaafi



9. Beans And Fried Plantaian



10. Kenkey And Fish



11. Rice And Stew





Source: [www.vibelens.com](http://www.vibelens.com)

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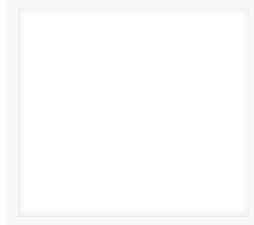
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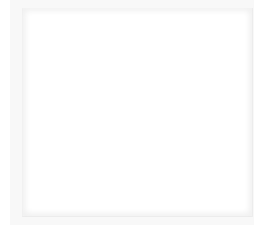
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